

## Create Your Own Referral Network

Create a list of local community resources such as substance abuse and mental health providers and support groups for your patients. To facilitate referrals, be sure to develop and maintain relationships with these programs. The following are good places to start:

### **Virginia Community Services Boards (CSBs)**

<http://www.dbhds.virginia.gov/SVC-CSBs2009.asp#lo> or <http://vacsb.org/csb-bha.html>

Visit The Department of Behavioral Health and Developmental Services (DBHDS) or the Virginia Association of Community Service Boards (VACSB) to locate your local community service board (CSB). CSBs are the local providers of public services for behavioral health (mental health and substance abuse) and intellectual or developmental disabilities. CSBs may provide services directly or contract them out to another provider. Services may vary by CSB depending upon the community's resources and needs. **All CSBs are required to provide treatment priority to pregnant substance abusing women and must provide services within 48 hours of the woman's request.**

### **Substance Abuse and Mental Health Services Administration (SAMHSA)**

<http://mentalhealth.samhsa.gov/databases>

For additional mental health resources, visit SAMHSA's National Mental Health Information Center website. Click on the state of Virginia on the map and select the type of provider, program, or facility you need. All providers listed here have been screened and approved by SAMHSA. Hospitals in your area should be able to provide additional information regarding the availability of emergency psychiatric services should this service be needed.

### **Virginia Regional Perinatal Councils (RPCs)**

<http://www.vahealth.org/perinatalcouncils>

The RPCs are a network of statewide, public/private partnerships that assess the needs of infants and women of reproductive age, coordinate the community-based healthcare systems serving them and develop joint solutions to any problems they encounter. Visit the RPC website for the name and email address of the manager at the Department of Health who can provide information about the RPC in your area.

### **Home Visiting Programs**

<http://homevisitingva.com>

The Virginia Home Visiting Consortium (HCV) links all programs that use home visiting as a strategy to provide services to women and children. Home visits can be a useful adjunct to clinical care. Home visiting programs exist in nearly every city and county in Virginia. Information regarding the Home Visiting Consortium can be found on Virginia's Office of Early Childhood Development website.

### **Support Groups**

- *Alcoholics Anonymous* information and how to locate a meeting: [www.aa.org](http://www.aa.org)
- *Narcotics Anonymous* [www.na.org](http://www.na.org)
- *The Virginia Chapter of Postpartum Support International* provides information about support groups for women <http://postpartumva.org>

Hospitals in your area may also be able to provide the names of local support groups.

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